

ATTENDEE GUIDANCE – WHAT TO PACK

Packing and Preparation for the APhA Institute

The APhA Institute on Substance Use Disorders is designed as a casual meeting experience that takes advantage of many unique elements of the University of Utah campus and surrounding areas. In order to ensure the most comfortable meeting experience possible, the following is a list of items are suggested for attendees.

There are three main lodging options for APhA Institute attendees. The Salt Lake City Marriott University Park and The University Guest House (a university-based hotel) both offer all the amenities that you would expect in a standard hotel. The Benchmark Plaza Apartments offer apartment-style quarters and the accommodations are more limited, therefore it is recommended to bring a few more items to make your stay there comfortable. Below is a list of items that are recommended for the Marriot University Park, University Guest House, and the Benchmark Plaza Apartments.

The dress code for the entire program is casual. No formal or business attire is required. It is recommended that you bring layers, as the air conditioning can cause the room temperature to fluctuate throughout the day. The weather in Salt Lake City is generally warm in late-May / early-June, however temperatures can fluctuate by 30°F to 40°F rather quickly. It is recommended to bring at least a light jacket in case this occurs. Be sure to check the weather before packing.

University Guest House/Marriott University Park

- Hiking boots or sturdy shoes (if you plan to participate in the evening hike)
- Sunscreen
- Bug-spray
- Water bottle
- Lip balm
- Snacks
- Camera
- Extra paper and pens
- Business cards
- Sweater or light jacket

Benchmark Plaza Apartments

- Hiking boots or sturdy shoes (if you plan to participate in the evening hike)
- Sunscreen
- Bug-spray
- Water bottle
- Lip balm
- Snacks
- Camera
- Extra paper and pens
- Business cards
- Sweater or light jacket
- Large bath towel
- Hand towel
- Toiletries (bath soap, hand soap, shampoo, conditioner)
- Pillow
- Extra sheets or blankets
- Shower shoes
- Food for the full-size kitchen